



Department of Defense

TRICARE provides a free weekly e-mail service to expectant and new parents. Here are some messages about this service:

What it is

- This free weekly e-newsletter helps guide patients throughout their pregnancy and until their baby's first birthday.
- Evidence-based content reflects stage-specific information to help increase patient education and improve hospital efficiency.
- Subscribers have access to articles about their child's development and maternal health.
- Newsletter offers resources for support as well as hospital-specific messages.
- Content is vetted by hundreds of hospital professionals, Department of Defense and includes research from respected medical sources.

Benefits

- Patients are better informed when they get to the hospital.
- Patients know what to expect as they pass through each stage of pregnancy and child development.
- Clinicians save time and effort on patient education.
- Patients feel more connected to their care team and the hospital.

How to sign up

- Patients can register online at www.dodparenting.org

The screenshot shows a weekly e-newsletter titled "Week 26 of your pregnancy". It includes a "Dear Parent Name," section with topics like "Coping with bed rest" and "Flu shots". There are also sections for "Your Baby's Development", "Parenting Q&A", and "Research Briefs from The Parent Review". A sidebar on the left contains "Maternity Services" and "Links" to various resources.

Sign
Up

www.dodparenting.org